Live Well Challenge - Move More Point Tracking Worksheet

Week 5: August 11 - August 17
For definitions and maximum points see:

How to Earn Points

Complete green cells below Yellow cells should calculate automatically

Place points in each cell if appropriate							Point Criteria		
Move More	M	T	W	T	F	S	S	Points	Move More - 30 points weekly max
Move for 30 minutes								0	2 points per 30 minutes per day
Take the stairs								0	1 point daily
Stretch								0	1 point daily
Trade a non-active event/activity								0	2 points weekly
Stress Less									Stress Less - 7 points weekly max
Stress reduction for 15min.								0	1 point daily
General Health	M	Т	W	Т	F	S	S		General Health - 21 points weekly max
Floss & Brush								0	1 point daily
Slept 7+ Hours								0	1 point daily
8-8oz glass of water									1 point daily
Maukaita Haalth									Worksite Health Promotion - 5 points weekly max
Worksite Health Promotion								0	5 points weekly
V	Vhen the w	eek is finish	ned, repor	t this total	score to	our Team	Captain:	0	